

**LIBERTY HIGH SCHOOL
CHEERLEADER CONSTITUTION
(2017-2018)**

I) PURPOSE

- 1) To create an atmosphere of enthusiasm and excitement at sporting events, and encourage student attendance.
- 2) To enhance school spirit at Liberty High School through successful promotion of its athletic programs.
- 3) To provide an opportunity for talented individuals to display their athletic abilities in dance, gymnastics and cheerleading technique in, both, school and competition setting.
- 4) To provide individuals an opportunity to develop valuable life and interpersonal skills such as time management, leadership, teamwork and goal setting.
- 4) To serve as a public relations arm of Liberty High School in the promotion of all athletic events.

II) REQUIREMENTS

- 1) All potential cheerleaders must maintain a 2.0 GPA, with no F's, at all times
- 2) All cheerleaders must follow eligibility guidelines set forth in this constitution and those set forth by Nevada Interscholastic Athletic Association (NIAA)
- 3) All cheerleaders must demonstrate leadership, excellent conduct and a positive attitude at all times.
- 4) All cheerleaders must follow CCSD dress code, both in and out of uniform, at all times.
- 5) Cheerleaders will not be allowed to participate in All- Star competitive cheerleading during the LIBERTY HS cheer season (approximately August 1- March 30)
- 6) Failure to meet any of the above requirements will result in suspension or removal from the squad.

III) CODE OF CONDUCT

Each cheerleader has a responsibility to uphold a high standard of behavior at all times. As a cheerleader, you represent the entire student body of LIBERTY High School. Any display of unsportsmanlike conduct or undesirable behavior, in or out of school, that would reflect poorly on the entire squad and on the student body that you represent will result in suspension or removal from the squad.

LIBERTY HS cheerleaders will:

- 1) Maintain Spirit Unity- The LIBERTY High School Cheerleaders are a united group will treat each other respectfully and work together accordingly.
- 2) Look presentable at all times with hair, make-up and uniforms meeting performance-ready standards as set by the coach.
- 3) Maintain an attitude of respect, cooperation and good sportsmanship with coaches, cheerleaders, game officials, staff, faculty, administration, parents, and all other students.
- 4) Refrain from socializing during games.

- 5) Refrain from “Booing” or making other negative comments at any school event.
- 6) Refrain from inappropriate behavior such as smoking, drinking alcohol, taking drugs, or using improper language.
- 7) Athletes are expected to set a positive example whether in or out of uniform. This includes in person, on the telephone and on the computer (this includes the internet and phone messaging). Negative comments on Facebook, Twitter, Instagram, GroupMe, message boards or the like will not be tolerated.
- 8) Refrain from discussing team business with anyone other than team members and/or Coaches.
- 9) **Any misconduct towards another cheerleader or coach will be grounds for dismissal.**

IV) MEMBERSHIP

The membership of each squad shall consist of duly chosen cheerleaders.

- 1) Members may include up to 20 Varsity cheerleaders, up to 16 Junior Varsity cheerleaders, and up to 14 Freshman cheerleaders at the discretion of the coach.
- 2) Once the season has commenced the coach has the option to promote cheerleaders to fill Varsity positions, or move cheerleaders to a lower level team if skills that were present at tryouts are inconsistent.

V) TRYOUTS

Tryouts will be held each spring. The graduating Varsity senior cheerleaders will assist with tryouts, which will be lead by UNLV Cheer this year.

- 1) All interested candidates and their parents/guardians **MUST ATTEND A MANDATORY MEETING** to discuss cheerleading and sign a contract and constitution.
- 2) The applications and parental permission must be turned in to the coach by the announced deadline or the student will not be able to participate. **THERE ARE NO EXCEPTIONS.**
 - I. Any falsified information on the application will automatically result in disqualification.
 - II. All zone variances must be cleared **prior to Tryouts.**
- 3) All applicants must have a minimum 2.0 GPA according to their First Semester report Card, with no F's.
- 4) All tryout sessions will be determined by the coach and will be announced at the parent meeting.
- 5) The coaches will determine the procedures and requirements for tryouts.
- 6) Candidates will be evaluated on a daily basis. They will learn and perform chants, cheers, dances, jumps, kicks and stunts.
- 7) All candidates **MUST** adhere to the following dress code throughout the week of tryouts:
 - I. **Plain navy blue shorts**
 - II. **Plain white T-shirt**
 - III. **Athletic shoes (preferable white cheer shoes)**
 - IV. **White socks**
 - V. **Hair pulled back from face and off shoulders**

VI. All jewelry will be removed BEFORE reporting to tryouts.

- 8) The coaches will determine squad placement based on grades, attendance, discipline records, talent, attitude, ability to learn material quickly, and stunting position. Careful thought is put into making team placements. All decisions are final.
- 9) Students must be in school each day of tryouts and attend all classes or they will not be allowed to participate.
 - I. There are exceptions for extenuating circumstances previously approved by the coach and pre-arranged through the attendance office.
 - II. If an absence the day of tryouts is discovered, the student will not be allowed to participate.
- 10) Any candidate who is a no show forfeits eligibility to participate.
- 11) All seniors must be enrolled in at least four classes for a total of 2 credits.
 - I. Seniors in an early graduation program are ineligible to try out and will be removed from the squad immediately upon initiating an early graduate program. There will be no possibility of lettering.
- 12) Candidates who make the team will be required to have Dance as an elective, or replacement for PE
- 13) All candidates who pass tryouts are considered candidates until a 2.0 GPA is verified after the completion of the second semester. If the candidate does not have a 2.0, they will be disqualified and removed from the squad and a replacement may be chosen.

VI) PRACTICES

Practices are an **extremely** important part of cheerleading and must be well attended by all cheerleaders at all times. Practice time will be used effectively without any unnecessary conversations or horseplay. Practices will be scheduled by the coach.

All summer events are mandatory. If you have made summer commitments prior to learning of these dates at the parent meeting, email the head coach within 24 hours of the parent meeting with the days that would be missed. Exceptions may be made depending on the number of days that will be missed; however, points will be lost.

PRACTICE ATTIRE:

- 1) All athletes must wear briefs under their shorts
- 2) All athletes must wear tight fitting clothing in a combination of our colors
-T-Shirts must be worn at all times with the exception of SOME summer practices.
- 3) All athletes must have their hair in a high pony tail with a bow
- 4) All athletes must wear plain white cheerleading shoes

***Once practice wear arrives, this will be required for practice.

***All team practices are closed to spectators unless prior approval is given by the coach.

ATTENDANCE:

- 1) With the exception of required school events for a grade, ALL PRACTICES ARE MANDATORY – work, doctor's appointments, family vacations, or other activities are not excuses to miss practice and will result in loss of points. In acknowledgment that some absences are unavoidable, each cheerleader will begin the season with 12 points. Some opportunities to earn lost attendance points will be given throughout the season.
***Points lost due to conduct cannot be redeemed.
- 2) Due to the negative impact absences have on the team's ability to safely practice stunts and pyramids, individuals who have several absences, for any reason, (this includes being unable to practice due to injury) may be removed from stunts, or an entire routine all together.
- 2) To maintain and build endurance, all cheerleaders will be assigned required conditioning,
in the form of running, to be completed outside of practice. 3 miles per week, unless otherwise noted by the coach, and will be tracked through use of the RunKeeper app. No other form of evidence will be accepted. Cheerleaders are responsible for managing their time to be able to complete this weekly goal and should also account for the weather. Failure to meet this requirement will result in a loss of 1 point per week.
- 3) On the first and third Tuesday of every month, cheerleaders will be required to run one mile in under 10 minutes. Failure to complete the mile in this time will result in the loss of 1 point.
- 4) Proper clothing and footwear are required and must be worn to all practices, unless using the Air Trak.
Not wearing the proper clothing and footwear will result in conditioning.
 - I. Cheerleaders out of proper attire may have to sit out.
- 5) NIAA safety standards require that nails be trimmed, and there be absolutely no jewelry on any part of the body. This includes plugs, tape, band-aids, etc. NO EXCEPTIONS will be made.
- 6) Hair will be pulled back from cheerleaders face and off her shoulders at all times.
- 7) Absences from practices will result in loss of points. A cheerleader who notifies the coach, **VIA EMAIL**, 48 hours prior will only lose 1 point. Missing practice without notifying the coach, in that time frame, in writing will result in losing 2 points.
 - I. If a cheerleader needs to meet with their teacher for tutoring or make-up assignments, they will have one hour after the final bell to complete them and return to practice. They must arrive by 2:15, in practice clothes, with a note. No loss of points.
 - II. If a cheerleader will be tardy to practice due to school business, as previously mentioned, she must contact the coach in writing PRIOR to practice and bring in a signed note upon arrival.
 - III. Cheerleaders who arrive to practice late, or leave early will lose 0.5 points.
- 7) If there is an illness or injury that limits participation in practice, a note from a physician is required and must be submitted to the coaches to clear cheerleader for full participation. For the safety of the cheerleaders, partial participation will not be accepted.

- I. Injured cheerleaders are still required to attend all practices with the team.
 - II. Injured cheerleaders must show the coach a release note from a doctor to resume activities with the squad.
 - III. Injured cheerleaders must dress out and follow all regular practice rules (i.e. phone use, food, etc.)
 - IV. If a cheerleader says they are feeling sick or unable to do anything during practice, they will sit out for the remainder of practice. This includes ice.
 - V. If a coach suspects that a cheerleader may be unfit to participate due to a possible injury, she may be pulled at that time.
- 8) Any absence from practice will result in loss of points.
- 9) **If you are absent from school do not assume that the coach is aware of it. You must contact a Coach if you miss school for any reason.**

VII) PERFORMANCES

- 1) **ALL PERFORMANCES ARE REQUIRED**
- 2) Performances include: games, assemblies, pep rallies, competitions and special requests.
- 3) Varsity, JV and Freshman squads will be prepared to perform at ALL sporting events, assemblies, competitions, pep rallies, Open House, and any other event that may arise.
- 4) In order to participate in a performance, cheerleaders must have attended all classes that day.
- 5) If you do not attend school due to an illness, you may not attend practice or a performance.
- 6) All performing cheerleaders will be present; in uniform, and ready to cheer at the specified time (usually 30 minutes prior to performance) and will remain until the game/event is over.
 - I. If at any game, event, or performance a cheerleader is out of proper uniform (nails, hair, make-up and socks included) she may be denied participation and/or lose 0.5 points for each occurrence.
 - II. If late to any game, event, or performance a cheerleader may be denied participation AND will lose points.
- 7) Cheerleaders may not leave the game/event before dismissal unless approval by the coach has been given.
- 8) If cheerleaders are not in their spot on sideline by the 2 minute warning, they will sit out for the remainder or a portion of the game, at the coach's discretion.
- 9) Cheerleaders may not sit in the stands during any part of the game/event unless injured or suspended. In these instances, cheerleaders must sit in an area designated by the coach and will refrain from using electronic devices or socializing with non-teammates.
- 10) If there is an illness or injury that limits participation in a performance, a note from a physician is required and must be submitted to the coaches.
 - I. Injured cheerleaders are still expected to attend all performances with the team.
 - II. Injured cheerleaders must show the coach a release note from a doctor to

resume activities with the squad.

III. Injured cheerleaders must dress out and follow all regular performance rules (i.e. phone use, food, etc.)

- 11) Gum is NEVER allowed while cheering.
- 12) Knowledge of performance material is mandatory. Failure to learn material may result in suspension from activity and/or dismissal from the team.
- 13) The coaches have the authority to remove a cheerleader from a performance for not meeting the guidelines set forth in this constitution.

VIII) TRANSPORTATION

Cheerleaders must provide their own transportation to and from all home and designated away games/events when transportation is not provided by the school

- 1) If there is a problem finding transportation the coach must be contacted **PRIOR** to the game/event to make necessary arrangements.
- 2) You must be on time to all games/events. Plan enough travel time to include heavy traffic, accidents, etc. Late arrival to games/events will result in demerits.
- 3) When school buses are provided it is mandatory that the cheerleader ride the provided transportation to the event. They may only be released to leave an event if their legal guardian/parent is physically present.

XI) UNIFORMS

Uniforms are only to be worn for athletic contests, pep assemblies, and special performances, unless special permission is given by the coach.

- 1) Cheerleaders will not wear uniforms outside of school-sponsored activities. This includes malls, the Strip, etc. Wearing your uniform outside of school-sponsored activities may create dangerous situations.
- 2) Uniforms are not to be loaned to anyone for any reason unless special permission is given by the coach. This includes warm-ups, megaphones, and poms.
- 3) Uniforms are to be clean, pressed, and neat at all times.
 - I. If a uniform is damaged, individuals will be billed to replace it.
- 9) Wearing the wrong uniform or wearing your uniform improperly will result in removal from activity and/or demerits.
- 10) Cheerleaders will pay for any part of the uniform that is damaged or misplaced.
 - I. Uniforms are NEVER to be permanently altered. Doing so will result in a uniform replacement fee.
- 11) Cheerleaders will purchase any clothing and/or uniforms required for camp, practice and performance.
- 12) A pre-designated uniform and squad warm-ups will be kept by individual cheerleaders and must be paid for by parents.

X) EXPENSES

Each cheerleader is expected to pay for items such as uniforms, camp, competitions, choreography fees, and other miscellaneous expenses. Expenses will range from \$1000-\$2400

per cheerleader each year. Fundraisers may be held during the year, but ultimately, the cheerleader and/or her parents are responsible for these expenses. Please discuss any special financial circumstances you may have with the coaches as soon as you become aware of them.

- 1) All payments are due **IN FULL** before the first event in the Fall.
- 2) Gear will not be distributed to individuals who are late on payments.
- 3) Late payments may result in benching from sidelines.
***Parents should notify the coach of anticipated late payments so that additional fundraising opportunities can be offered.
- 4) All participants are required to attend fundraisers. Money raised beyond the required "team" amount will be applied to the cheerleaders' individual bill.
- 5) Cheerleaders who are not able to pay their full bill by the end of the season will not be allowed to tryout the following year, and the remaining payment will be charged to her school account which must be paid or she will not receive her diploma.
- 6) Cheerleaders who quit or are removed from the team at any time during the season are still responsible for all fines.
- 7) Cheerleaders who do not fundraise may be required to pay fees out of pocket.
- 8) Cheerleaders will need a Parent/Guardian/Family Friend aged 18 or over to cover at least 2 shifts in our concession stand during football season. Funds that are raised will enable the team to attend some away games, host team bonding activities, purchase shirts for special events, pay for our team banquet, cover the team's annual photography fee and other misc expenses.

-If a volunteer is unable to attend, cheerleader is responsible for finding coverage or trading shifts. If coverage cannot be arranged, cheerleader will need to fill the place of their volunteer.

***Parent volunteers are not necessary at fundraisers such as car washes or Little Patriots, but is always welcome and appreciated.

XI) LETTERING & CORDS

A cheerleader will receive their letter, bar, or pin at the end of the cheer season if the following requirements are met:

- 1) May not miss more than 1 game per season due to any absence. This does not include "benching."
- 2) Must not be benched for more than 2 games due to eligibility or school discipline.
- 3) Must attend all activities scheduled through the end of the season unless prior approval has been made with the coach.
- 4) A Varsity letter will be given to any cheerleader that spends the majority of the season cheering with the Varsity team and meets the above requirements.
- 5) A JV or Freshmen pin/patch will be given to a cheerleader that meets the above requirements and spends a majority of the season on the JV/Freshmen squad.
- 6) Cheerleaders will only be eligible for a cord if they complete a season of cheer their senior year. Cheerleaders who quit the squad before the end of a designated cheer season of the year of graduation will not be eligible for a cord.

XII) POINTS

12 points are given to each cheerleader following the announcement of the new squad. If a cheerleader reaches 0 points, she will be removed from the squad. Cheerleaders and/or

parents are responsible for monitoring how many points they have at any given time.

Parents/Guardians will be notified of serious infractions, and are encouraged to contact the coach via email with any questions.

- 1) ATTENDANCE
 - I. Missed practice (no call/no show) = -2 points
 - II. Missed practice (48 hour notice via email) = -1 point
 - III. Late to practice/Left early = -0.5 points
 - IV. Missed performance/Game = -3 points
 - V. Missed performance/Game (1 week written notice) = -2 points
 - VI. Late to game/Left early = -1 point
 - VII. Late to sidelines after halftime = -1 point
 - VIII. Failure to complete Conditioning Requirements = -1
- 2) PERSONAL CONDUCT
 - I. Untrimmed nails or Jewelry during practice or performance = -1
 - II. Cell Phone during practice/performance = -1 point
 - III. Gossiping – Making statements on behalf of the coach to an individual or group (Ex: “Coach said...”) without being told to do so = -2 points
 - IV. Negative posts on social media = -2
 - About the team, individuals, coaches, teachers, staff, administrators, etc, either, explicitly or implied. This will be at the discretion of the coaches and/or administration.
- 3) Unsupervised Stunting = -3 points
- 4) Uncooperative behavior, or attitude towards coaches/captains/teammates = -3 points
 - Including, but not limited to, walking out of practice, temper tantrums, cursing.
- 5) Failure to meet any of the safety rules set forth by the NFHS Spirit Rules book and/or the coach will result in demerits and/or possible suspension/removal depending on the severity of the infraction.
- 6) *Any Cheerleader repeatedly referred to the Cheer Coach or a School Administrator for disciplinary reasons shall be subject to suspension and/or possible dismissal regardless of the number of demerits.*

XIII) SUSPENSION/DISMISSAL/INELIGIBILITY

The coach shall have the authority to suspend a cheerleader from the squad for any of the following reasons: A suspension will result in loss of 3 points.

- 1) Uncooperative attitude towards cheerleaders, coaches, administration, or any school staff.
 - I. Any Dean’s Detention, RPC, or In House, which is assigned for inappropriate behavior on campus, tardiness, or dress code violations, will result in suspension for at least one week and/or immediate dismissal from the squad.

- 2) Undesirable or immoral behavior, language or gestures.
- 3) Failure to perform duties outlined in the Constitution, school rules, or CCSD rules.
- 4) Any action that in any way harms the school or another cheerleader.
- 5) Academic suspensions and dismissal will take place according to the NIAA grade checks performed by the LIBERTY HS Athletic Department.
 - I. Consistently ineligible athletes may be removed from the squad.
 - II. If suspended from an event/performance you are still required to attend all practices unless directed otherwise by a coach.
 - III. When a cheerleader is suspended from a performance or game, he/she is to attend the event dressed in uniform and must sit with the coach or in an area designated by the coach.

NOTE: ANY CHEERLEADER VIOLATING THE NIAA DRUG AND ALCOHOL POLICY WILL FOLLOW THE NIAA DISCIPLINE GUIDELINES AS FOLLOWS:

- 1) First Violation: a six (6) week suspension from participation in interscholastic competition from a sport in which the student's name has appeared on any NIAA roster, beginning with the first scheduled competition after the suspension occurs. Four (4) competitive weeks of the suspension of eligibility may be waived if the student successfully completes all components of the appropriate substance abuse intervention program. The student may practice with the team during the period of suspension if approved by the coach and principal.
- 2) Second Violation: The student shall be suspended from interscholastic competition from a sport in which the student's name has appeared on any NIAA roster for a minimum of ninety (90) school days which shall include a minimum of six (6) competitive weeks of competition. The student shall not be allowed to practice with the team, or participate in any out of season activities and must complete the requirements set forth in order to be considered for reinstatement of future athletic eligibility, which shall be determined following the ninety (90) school day suspension of athletic eligibility by a group composed of one of the student's parents/legal guardians, the school principal, athletic director, coach and a substance abuse program coordinator.
- 3) Third Violation: The student shall be ineligible to participate in interscholastic athletics for the remainder of the student's high school career.

XIV) SOCIAL NETWORKING

You are personally and legally responsible for the content you publish on social media (including Twitter, Facebook, Vine, Instagram, Snapchat and other Social Media Applications). Be mindful that your "digital footprint" can never be fully removed even after you "delete" content, it will still be out there forever. Think before you post!

- 1) Accounts will be connected to a team account (either friended or following) so content can be periodically monitored for inappropriate language, postings, photos, or conversations.
- 2) Any content that is found that is directed negatively toward the team or an individual may be grounds for removal.
- 3) Any content that is found violating the NIAA drug and alcohol policy may be grounds for removal.

XV) CONSTITUTIONAL INTERPRETATION/CHANGES

- 1) Portions of this constitution may be changed or interpreted at the discretion of the coach and LHS administration.
- 2) Most disciplinary decisions affecting members will be left to the discretion of the coaches. If assistance is desired by the coach, the decision will be referred to an administrative member.
- 3) If an issue is not covered by the Constitution, the Liberty High School Athletic Handbook and LHS Student Handbook will be used as a guide to handle it.

***See final page

THIS FORM, ALONG WITH THE CHEER INFORMATION SHEET AND FIRST SEMESTER REPORT CARD OR TRANSCRIPT MUST BE SIGNED AND RETURNED TO THE COACH ON THE FIRST DAY OF TRYOUTS Monday, May 1st.

I have read the 2017-2018 Liberty High School Cheerleading constitution and fully understand the rules and consequences set forth in this document. I further understand that failure to follow the guidelines may result in permanent dismissal from the squad.

Signature of Cheerleader _____ Date _____

Signature of Parent/Guardian _____ Date _____